



SCHEDULE OF GENERAL CLASSES – Autumn Term 2026

DATES & VENUE:

Starting **Mon 21 /Tues 22 September** there will be continuing yoga classes.
All classes are: **In-person at 44 Tyrrell Road London SE22 9NE** and also on **Zoom**
The session will be for **10 weeks** continuing until **Mon 21 /Tues 22 December**

There will be a 4-week break 9/10, 16/17, 23/24 and 30 November and 1 Dec
Classes start again on 7 December.

I'm going to see my son in Australia but have a plan to keep you going while I'm away! Watch this space!

CLASSES:

Monday	Tuesday
10.00 to 11.15am	11.00am – 12.15pm
6.45 – 8.00pm	6.45 – 8.00pm
8.15 – 9.30pm	8.15 - 9.30pm

FEES& ENROLMENT:

The fee for the 10 week session is **£150**. Please pay online (or cheque payable to Janet Evans.) Payment is due by the start of the term. Your usual concessions and payment plans are available. Please ask if you'd like one and it's not already in place.
Bank Account details: sort: **110484** account: **00115772** name: **JE Evans**.

TEACHING STYLE:

The classes are taught in the Viniyoga style, based on the teachings of T. Krishnamacharya and TKV Desikachar. For the 12 week session practice will be further developed, exploring asana (posture) and pranayama (breathing practice). Meditation and sound will be included. Workshops and retreats are also offered to complement the classes.

TEACHER:

Janet Evans is a very experienced teacher. She has been practicing yoga since 1986 and completed her teacher training with Paul Harvey in 1998 and postgrad certificate in 2010. She is qualified through the British Wheel of Yoga to teach children and antenatal yoga and has a BWY diploma in Ayurveda. She has recently trained as a Vedic chant teacher through Sadhana Mala. She has been teaching groups and 1:1 in South East London since 1996. She continues to study and work regularly with her own teachers.